

Welcome to Ķemeri National Park!



ABOUT THE NATIONAL PARK

Ķemeri National Park (KNP; area 36 184 ha) was founded in 1997 with the aim to preserve nature, cultural history and resort values, encourage sustainable economic activity, tourism and environmental education. The most significant nature values of KNP are:

- intact raised bogs, especially Ķemeri Raised Bog;
- sulphurous mineral waters, formed beneath the bogs;
- shallow coastal lakes rich in birds;
- wet deciduous forests.



KNP is inhabited by such rare bird species as **Black Stork**, **White-tailed Eagle** and **Lesser Spotted Eagle**. The forests are inhabited by **wolves** and **lynxes**, waters by **otters** and **beavers**, whereas old buildings are homes for especially rare bat species – **Pond Bat**.

WHAT TO SEE?

1 Boardwalk in Ķemeri Raised Bog (3,4 km)
A fabulous walk in the intact raised bog. The boardwalk will lead you to the kingdom of mosses, bog pine-trees, small scenic lakes and scent of Marsh tea. By taking a careful look, you will be able to see insectivorous plant – sundew, and various birds – wood sandpiper, white wagtail and tree pipit. The boardwalk has two loops: the large (3,4 km) and the small (1,4 km) one.

2 Walking & cycling route "The Green Dune" ("Zaļā kāpa", 14 km, yellow marking)
As the name suggests, the main attraction of the route is the Green Dune, a several kilometre-long inland bank of dunes overgrown with an old pine forest. 4500 years ago it formed the shore of the ancient Littorina Sea, but now spectacular bogs and forests spread out on either side of it. Wooden staircase and bicycle rack next to it will help reaching

the top of the majestic nature monument in the least harmful way. The basic route is circular, 14 km long (excluding walk along the Sulphur ponds nature trail). Yet, a number of variations allow using it as a connection between Ķemeri and Lapmežciems or vicinity of Lake Valgums (or opposite direction), adding more objects of interest and planning return to the starting point by train from Smārde or Mīlžkalne railway stations. Part of the route is included in the 99th section of the long-distance hiking route "Forest Trail" **20**.



3 Landscape park in Ķemeri historical resort
Since its establishment in 1838, Ķemeri resort, with its renowned mineral waters and curative mud, has helped hundreds of thousands of people to recover their health. In 2021, large scale restoration works returned original splendor to one of the central elements of the historical resort - landscape park with its vast network of pathways, romantic bridges, pavilions, etc.. Sight-seeing platforms are available again in the Water Tower, supplemented by historical exhibitions on the way to the top of it; and the famous sulphurous mineral water can be still tasted at the pavilion "Little Lizard".



4 Walking & cycling route "Lūžņu ditch sulphur spring" (3,1 km)
A walk through Ķemeri can be extended by continuing towards the Scrap (Lūžņu) ditch sulphur spring. Its water has the most powerful curative properties out of all sulphur springs in Ķemeri. The beaver flooding on the way from the spring to "Forest House" is one of the best woodpecker-watching places in the vicinity. The route is marked by white-blue-white markings on trees, and is equipped with signposts.

5 Ķemeri National Park Nature Centre and The Boardwalk in Black Alder Swamp (0,6 km)
"Forest House" historically was part of Ķemeri resort – it was built in 1933 as a restaurant and recreation centre "Merry Mosquito" ("Jautrais ods"). Here you can receive information about recreation opportunities in the national park and participate in various nature education events.
Boardwalk in Black Alder Swamp (0,6 km) will let you explore a wet deciduous forest which is flooded annually by the waters of River Vērsupīte.



6 Lake Sloka nature trail (3,1 km) and birdwatching tower
The starting point for all activities in the vicinity of Lake Sloka is the picnic and parking place near the lake with floating birdwatching tower and sulphur springs on the lakeshore. The 3,1 km long nature trail also starts here and winds further along the lakeshore through various types of forest. It can be used as a circular walk, or by following its branches, e.g., to Lake Melnezers and road Ķemeri - Jaunķemeri which can take you further to Ķemeri or beach in Jaunķemeri. Part of the route is included in the 99th section of the long-distance hiking route "Forest Trail" **20**.

7 Walking & cycling route Ķemeri - Lake Slokas - Kūdra (6 km)
If you have arrived in Ķemeri on foot or by bicycle, this route is a good choice. It will take you from Ķemeri to Lake Sloka **6**, further along the shore of the lake **8**, then taking you through the heathers of Sloka Bog, passing the scenic Akacis Lake to Kūdra. From Kūdra, it is possible to catch a train to Ķemeri, Tukums or Rīga.

8 Medical peloid (peat) extraction site of Resort Rehabilitation Centre "Jaunķemeri"
This is the place where medical peloid (peat) is being extracted. The healing effects of peloid are used in the therapy of musculoskeletal, nervous, skin and other diseases.

9 Health spring Jaunķemeri and the walking trails of RRC "Jaunķemeri"
There are several sulphur springs in Jaunķemeri as well. One of them is the health spring Jaunķemeri which offers two types of mineral water – hydrogen sulphide and sodium chloride. Here you can also find marked walking trails created by the specialists of there sort rehabilitation centre "Jaunķemeri" so that they could "prescribe" their patients walks of various length depending on each patient's health condition and physical fitness. www.jaunkemeri.lv.

10 Historical Latvian homestead "Akmeņbeltes"
Housing private history collection created by local pastor Jānis Saulīte, "Akmeņbeltes" features exciting and personal highlights of local and national history. Upon prior registration only; phone: +371 29299694

11 Kupskalni Nature Trail (0,4 km)
The trail takes you along River Siliņupe to the beach and scenic old stone pier. On this side of the Gulf of Riga the sun rises out of sea, making it a great place for watching the sunrise.

12 Lapmežciems Museum
Lapmežciems parish is the place of the oldest known settlement of the ancient fishermen so close to the Baltic Sea, dating back to the 3d-2nd millennium B.C. The museum will let you learn more about it, as well as follow the story of further development of fishermen's life in the area up to nowadays. A special exposition about the Finnish Jaegers can also be found here.



13 Ragaciems fish market
The coastal villages have kept fish smoking traditions, which are mainly practiced by small family-owned enterprises. While driving along the villages, you will notice directions to several small fish smokeries – feel free to visit them! However, the biggest selection of smoked fish is available in the Ragaciems fish market.

14 Sedums of Ragaciems
In former times, "sedums" was a name denoting the gathering place of fishermen – a set of buildings for common meetings to discuss fishing and make fishing tools, while fishermen's wives and children fixed up the nets. Fishing equipment – nets, buoys, flags etc. were stored in huts nearby. Nowadays, thanks to the efforts of local enthusiasts sedums in Ragaciems has been restored almost in its authentic shape and is fully in use by local fishermen.

15 Cultural Route devoted to Imants Ziedonis - iconic figure in Latvian literature
Celebrating the 90th anniversary of iconic Latvian author and personality Imants Ziedonis (1933-2013), new interactive cultural route was opened in 2023 ("Noķer Ziedoni!" in Latvian). 111 km long, it features 17 stops in Tukums region and Jūrmala State City, highlighting the importance of these places in the life of the famous author. More: www.visitukums.lv; www.visitjurmala.lv; audio guide also available.

16 Lake Kaņieris boat station and bird-watching tower
Lake Kaņieris is one of the best bird-watching places in Latvia. Almost 200 bird species have been observed in the lake, and during migration more than 10,000 water birds seek shelter here. One of the spots to enjoy this is the bird watching tower at the boat station; you can also rent a boat here. Tel: +371 29253514.

17 CEMEX birdwatching tower and Lake Kaņieris Reed trail (0,6 km)
CEMEX birdwatching tower is located on Riektstu peninsula of the Kaņieris Lake and offers a spectacular view over the lake. The Reed trail is built on pontoons. It will take you right into the thicket of reeds.



18 Sulphur ponds nature trail (0,8 km)
The trail will take you to the natural monument of national significance - Sulphur Ponds. The sulphurous water flowing out on the bog surface forms a pond system here. The sulphur-rich water is the reason for the peculiar flora and shade of the ponds.

19 Lake Kaņieris Castle mound Trail (1,3 km) and sightseeing platform
The trail will take you through forested swamps and fens to the mysterious Kaņieris castle mound and stone embankments, the origin of which scholars still argue about. There is a sightseeing platform for bird-watching right on the castle mound.

20 The Forest Trail (E11)
The Forest Trail is a long distance hiking route, part of E11, in the Baltic States that leads through the most forested lands, regional, nature and national parks of Lithuania, Latvia and Estonia. 2 sections of the route can be found in KNP: 1) No 98 Tukums - Jāņukrogs; 2) No 99 Jāņukrogs - Bigauņciems, which is one of the longest sections of the whole route, crossing almost all territory of KNP, including numerous objects of interest and offering connection to the Baltic Coastal Hiking Route (E9) in Bigauņciems. More: <https://baltictrails.eu>

21 Baltic Coastal Hiking Route (E9)
The Baltic Coastal Hiking Route is the part of the long distance hiking route E9 in the Baltic States. It starts at the Lithuanian-Russian border in the village of Nida in Lithuania, leads through Latvia and finishes at the Port of Tallinn in Estonia. 2 sections of the route can be found along the seashore of KNP: 1) No 20 Engure - Ragaciems; 2) No 21 Ragaciems - Dubulti, also offering connection to the long distance hiking route "Forest Trail" (E11) in Bigauņciems. More <https://baltictrails.eu>

22 Slow mile - highwaymen route (18 km)
Circular, marked route connecting two fishermen villages - Ragaciems and Klāpkalnciems. The longest part of it winds through the Slow Mile - about 7 km long, forested, uninhabited coastal area, very popular with robbers (highwaymen) in the past. More: <https://www.kurzeme.lv/marsruti/ar-kajam/59-gausa-judze-laupitaju-cels/>

23 Bicycle Route "Forest Circle" (17 km, red marking)
The right choice for those wanting to spend some time on quiet forest roads without too much effort. The delight of the path lies in relaxed enjoyment of the scenery of Latvian forest. The most attentive travelers might spot some birds or animals, or at least their homes. Part of the route is included in the 99th section of the long-distance hiking route "Forest Trail" **20**.

24 Upside down house
The upside-down house is located in the vicinity of Smārde, just on the route of the Forest Trail **20** and Bicycle Route "Forest Circle" **23**. The structure rests on the roof and is set at a seven-degree angle, so the visit will be a true challenge to your balance system. More info: www.apgriczatamaja.lv

25 Bicycle route "Lustūžkalns Circle" (14 km, orange marking)

This route reveals the hilliest part of Ķemeri National Park, including also the highest point of this territory – Lustūžkalns hill, located 63 m above the sea level. Legend tells us that the Russian empress Katrīna used to have an amusement castle there and a golden carriage, which she immersed in Valguma Lake so that nobody else would have it.

26 Barefoot Trail (~3 km), Art Trail in the forest (2 km) and Meditation Labyrinths at the recreation centre "Valguma Pasaule"

Art Trail in the forest is made up by large-format works of two famous nature photographers - Andris Apse (New Zealand) and Andris Eglītis (Latvia). Exciting walk and health ritual in the very first (and longest) barefoot trail in the Baltics (open from May till October). Rejoice in blessing of the silence while meandering through the 780 m long Gothic or 464 m long Classical labyrinth. Tel: +371 63181222, 29414022, www.valgumapasaule.lv.

27 Bicycle route "Šlokenbeka Circle" (17 km, blue marking)
This route will lead you through the sunny forests and picturesque valley of River Sloocene to the fairly impressive Šlokenbeka Manor Ensemble, situated close to Mīlžkalne railway station. The route is connected to the Forest Circle, providing possibilities for more variations. Part of the route is also included in the 98th section of the long-distance hiking route "Forest Trail" **20**.

28 Šlokenbeka Manor
It is one of the few examples of fortified medieval manors in the Baltics and the only one in Latvia that has survived to the present day. There is also a picnic place and a little shop that sells local goods. Please call to arrange excursions and wine degustations. Tel: +371 29904147, www.slokenbeka.lv. The manor also houses the Latvian Road Museum.

29 Basketry workshop
Pēteris Tutāns basket workshop in Smārde parish "Kalndaķi" offers its wicker works. More information: www.pinumudarbnieca.lv; Tel: +371 26489881

30 Training and demonstration centre "Lielozoli"
Multi-functional centre with training rooms, accommodation and 16 hectares of well-organized, interactive territory and learning trails, where you can get to know the diversity of the meadow, forest and also aquaculture. More: www.lielozoli.lv

31 Dunduri meadows
Remote meadows providing home for semi-wild horses (Konik Polski) and cows (Heck cattle). 3 sight-seeing platforms have been erected here to provide a better view on the pasture and two restored rivers - Slampe and Skudrupīte.



When going to Dunduri meadows from the north (highway A10), you have to drive right through the farmyard! The road continues on the other side.

32 The Fairytale Museum of Džūkste

The museum is set up in the former Lancenieki School, introducing the Father of Latvian Fairytale Ansis-Lerhis Puškaitis (1859-1903) and his life's work collecting Latvian fairytale and legends. The Fairytale Classroom of the museum invites families with children to learn more about fairytales by listening, reading and painting fairytales, and also by playing them in the puppet theatre. More: www.tukumamuzejs.lv



33 Bog restoration site in Ķemeri Raised Bog
Gravel road (1,3 km) winds through the peat pits and milled fields in the Northwestern part of Ķemeri Raised Bog which were flooded during the bog restoration project in 2006. Different wading bird species make their nests there, and the growing of *Sphagnum* moss has resumed. During mornings and evenings there is a high possibility of spotting beavers. The site can also be enjoyed by organized activities - trips by canoes, paddle boards and bog shoes **60**.

34 Distillery Tīreļi
Brand vine production company "Tīreļi dzītuve" in Jelgava region, offers high-quality drinks made after centuries of German distillation technology with the Adrian distillation apparatus. More information: www.tireludzituve.mozello.lv. Tel: +371 26544243.



PLEASE KEEP IN MIND WHILE VISITING

Getting around

- You can freely walk and pick mushrooms and berries in the whole territory, except the restricted area marked by warning signs.
- You can go by bike or car on all the roads of the national park.
- When parking the car, please do not drive off the road surface!

Campfires and tents

- Please, pitch a tent and make a campfire only in designated campsites places!

Nature trails and bike routes

- All nature trails and routes managed by Nature Conservation Agency can be visited for free and are open all year round!
- During rainy weather the wooden boardwalks might be slippery!
- Please do not ride bicycle along the boardwalks – it will help us maintain them for longer! Lock the bike to a tree at the beginning of the trail!
- During winter snow is not removed from nature trails and bicycle routes, so the latter can be used for cross-country skiing.

Be aware of mosquitoes and ticks!

- From the beginning of June until the middle of September there are lots of mosquitoes! Choose appropriate clothes and take a repellent with you!
- From spring until autumn beware of ticks!

Treat green!

- Treat plants and animals with care.
- Dispose rubbish only in designated places or take it with you!
- Choose environmentally friendly means of transportation – a bike, a train or walk on foot!
- Support local economy – shop at the local shop, have a meal at the local café of pub, rent a bike or a boat or have a sauna party in a guest house!
- Welcome to Nature. But leave no waste!



Enjoy your stay!

TOURISM INFORMATION

Ķemeri National Park Nature Centre
"Meža māja", Jūrmala - Ķemeri
Tel: +371 67730078, 26424972.
Email: pieriga@daba.gov.lv
www.tiekamiesdaba.lv
www.kemerunacionalaisparks.lv
Mobile app Nature Tourism



Tourism Information Point at Lapmežciems Museum
Liepu Street 4, Lapmežciems, Tukums Region
Information materials available during working hours of the museum
Tue.-Sat. 10.00 – 16.00

Tourism Information Centre of Tukums
at 5 Talsu Str., Tukums.
Tel: +371 63124451, 28311557.
tic@tukums.lv www.visitukums.lv

Jūrmala Tourism information centre
5 Lienes Str., Majori, Jūrmala.
Tel: +371 67147900.
info@jurmala.lv www.visitjurmala.lv

HOW TO GET TO THE NATIONAL PARK?

- By car along the Talsi (P128) or Ventspils (A10) motorway to the turn to Ķemeri.
- By train Riga-Ķemeri-Tukums to the station Ķemeri (or Kūdra or Smārde), www.pv.lv.
- By intercity buses in direction Riga - Tukums - Ventspils to the stop "Ķemeri" or Riga - Talsi - Kolka to the stop "Lapmežciems" (also Jaunķemeri, Bigauņciems, Ragaciems) www.1188.lv
- From Jūrmala by bus No. 6 from Sloka or minibus No. 5 from TC Bulduri to Ķemeri, www.jurmala.lv.

EVENTS

Every year Ķemeri National Park hosts various events: bird-watching days, Travellers' Day, Bat Night, etc. Find more information at www.daba.gov.lv and www.kemerunacionalaisparks.lv.



Lake Kaņieris 16, 17, 19. Melting of ice – middle of May: migrating waterfowl and waders. April – end of July: White-tailed Eagle *Haliaeetus albicilla*, breeding waterfowl, warblers, Great Egret *Egretta alba*, Great Bittern *Botaurus stellaris* and Little Bittern *Ixobrychus minutus*. September – beginning of October: migrating waterfowl (can be more than 10 000 birds at a time).

Mouth of River Starpiņupe (connecting Lake Kaņieris and the sea), Middle of August – beginning of September: migrating waders (up to 23 species), Kingfisher *Alcedo atthis*. In winter: wintering waterfowl, Kingfisher, Grey Wagtail *Motacilla cinerea*, Dipper *Cinclus cinclus*, etc.

The vicinity of Ķemeri 3, 4, 5, 6. March - April: Pygmy Owl *Glaucidium passerinum*, Eagle Owl *Bubo bubo*. Middle of March – beginning of June: woodpeckers (Middle Spotted Woodpecker *Dendrocopos medius*, White-backed Woodpecker *Dendrocopos leucotos*, Three-toed Woodpecker *Picoides tridactylus*, etc.).

Lake Sloka 6. Melting of ice – middle of May and second half of summer – September: migrating waterfowl. In lakeshore forests middle of March – beginning of June woodpeckers.

Dunduri meadows 31. Melting of ice – middle of May: migrating waterfowl and waders. April – end of July: birds of prey (Lesser Spotted Eagle *Aquila pomarina*, etc.), Black Stork *Ciconia nigra*. Middle of May – end of June: Cormorant *Crex crex*.



FISHING

The most popular fishing places in Ķemeri National Park are Lake Kaņieris and Lake Valgums, both also offering boat rent. The most popular fish species is the pike.

Before starting to angle, please make sure you have a fishing card (necessary for ages 16-65, www.makskeresanakarte.lv) and identification card with you.

For angling in Lake Kaņieris, you must also buy a fishing license www.manacope.lv and you are only allowed to use use boats from this station in the lake.



GUIDES

- Excursions, guided bike tours, corporate events, special routes. T. + 371 26492894, www.takas.lv, www.veloprieks.lv
- Tours to explore the nature treasures and the history of Ķemeri resort. Ineta Jansone, +371 29135543, www.celoarinetu.lv. Erika Berga, +371 29126551, ow195@inbox.lv. Jānis Šlūke, +371 22386129, shluke@inbox.lv
- Bird-watching and guided tours. Dagnis Mukāns, +371 29216431, dagnis.m@gmail.com.
- A theatrical excursion in the footsteps of the Latvian riflemen during World War I. Māris Ribickis, +371 22057669, ribickis86@inbox.lv www.facebook.com/latviesustrelniekikerupurvos
- Excursions on herbs and management of natural meadows by Darb **69**.

AUDIO GUIDES FOR ROUTES IN SEASIDE VILLAGES

